



It Takes a Village...

Your child is a 1 year old toddler!

Whew, how time flies! Your precious little baby is now walking or close to it, and beginning to be difficult to keep up with. By 12 months, most infants have tripled their birth weight and do begin to level off a bit as their mobility and pickiness increase! 1 year olds are beginning to assert their independence and their own will. They love to feed themselves and get as messy as possible as well as fight bedtime. This handout will help you know what to expect over the next three months as your baby becomes a toddler.

Development:

- Scribbles
- Builds 2 block tower
- Has 4-6 words
- Understands simple commands
- May have nightmares
- Begins to walk backwards

Safety:

- May begin biting or aggressive behavior (Use a FIRM “no” with stern facial expression, be consistent, warn others about laughing at biting or making biting out to be a game)
- Use sunscreen, SPF 45
- Car seat should be rear facing as long as possible as recommended by the DMV and Academy of Pediatrics.
- Never leave your child unattended near water
- Turn pan handles toward the back of the stove

Nutrition:

- Start whole milk
- Offer healthy food choices
- Should be weaned off bottle
- Offer 3 meals a day & snacks

When to call for our advice:

- Fever greater than 101.5 rectally, lasting longer than three days and/or does not respond to medication
- Skin rash that looks red pin pricks or purplish spots
- Inconsolability/irritability
- Failure to eat
- Persistent vomiting, diarrhea
- You are uncomfortable with your child’s behavior

If you have any questions/concerns, please call our office at 969-9611 and we will be happy to assist you. Enjoy your sweet toddler!